

# Smart Shopping Weekly Grocery List

Adapted from University of Minnesota Extension Service



**Fresh Fruits & Vegetables**

**Milk, Cheese, Eggs & Dairy**

**Canned Goods**

**Frozen Foods**

**Breads & Cereals**

**Staples, Baking Supplies &  
Seasonings**

**Pasta, Rice, Dried Beans & Peas**

**Other Grocery Items**

**Meat, Poultry & Fish**

**Non-Food Items**